

Essential
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essentially, all the essences you'll need

Karmic Essences Information



Karmic Essences is a powerful group of essences developed with the love, help and guidance of the Ascended Masters to help healing at deeper levels. The remedies created by Dr. Bach help to heal states of mind developed in this lifetime only. There is a growing recognition that some states are developed in previous lives and are carried with us. These essences work on these deeper emotional states of past lives. These essences help to release and clear these deep rooted states which in turn help to heal us in this lifetime. As these patterns are healed, we not only heal ourselves but we also help to heal the collective consciousness which exists between every person in the world. We are all One.

The Over Sensitivity Group: White Bluebell

This essence is for those with an over sensitivity to negative energy and vibrations making them unable to concentrate on their own work and individuality. White Bluebell is particularly useful for healers who connect to higher energies in their work and for those who spend a lot of time in meditation.

The Fear Group: Pink Rose

Most people have a Karmic lesson to learn about fear of one kind or another. Folks needing Pink Rose will be troubled by fear not helped by any of the other fear essences and will most likely suffer a nervous disease such as asthma, agoraphobia and eczema. this remedy will help release fear and neutralise the effects of such a negative state.

The Overcare for Others Group: Wild Iris

Wild Iris is the remedy for a person who possibly in past lives held positions of great authority. They bring to this time feelings of worry that will be hard to pin down but there may be a deep concern for fellow man, the planet or other such important things. This essence may be taken after any other of the Karmic Essences to allow the person to see global, cosmic or mankind's problems in the right way.

The Uncertainty Group: Wild Orchid

As we develop spiritually, turning our uncertainties and indecision to positive vibrations, we become more aware. This essence helps raise our consciousness, removing doubt, and to realise that we are all one, shoulder to shoulder. With this comes a solid base to grow on our path to enlightenment.

The Lack of Interest Group: Valerian ~ A karmic essence for lack of interest in present circumstances. Perhaps this person is subconsciously locked into past incarnations, possibly to happier times in the soul memory to which it would like to escape, therefore unable to focus on the present. Valerian is the key to unlock that door so that we may realise the importance for our soul to learn this life's lessons thoroughly and to let go of the past. Also for those continually needing "grounding" to help stay in the body.

The Despondency & Despair Group: Yellow Rattle ~ Souls in need of this remedy carry a weight, an innate sadness, which, in all likelihood they will be unable to express. A melancholy which echoes from previous lives in a similar way to the dried seed pods in the flower. When winds cast upon a meadow of Yellow Rattle the rattling sound will echo; the vibrations reverberating over surrounding fields in a similar way to the echoes of past hopelessness and despair.

The Loneliness Group: Water Lily

Those needing Water Lily have a soul deep loneliness brought from past lives where time was spent alone or being unable to communicate with our fellow man. The loneliness is deeper than the reach of Heather and other essences and those needing Water Lily will probably have taken such essences for a while with no results. This essence will ease the loneliness, and accompanying sadness, in a short time.

The Trinity ~ Linking the 7 Karmic essences with the Bach Flower Remedies are a trio of 'spiritual light' essences. These are often necessary bridges between the two.

Fuchsia

Often when working towards spiritual attunement, we discover that we have blocked energy caused by pent up emotions preventing us from going further. Fuchsia dislodges and releases these blockages allowing us to recognise and treat these emotions. This can be done using any of the seven Karmic Essences or with Bach Flowers allowing the person to see their Karmic lessons and duties, and then to progress by transmuting them to bring about complete healing.

Geranium

Folk needing this essence see the need to contact their spirituality but find they are still in the dark, feeling depressed, uncertain and filled with doubt. They are like someone in a dark room unable to find a light and taking this essence will help them find the switch to light up their world with love.

Lily

This essence is for those who are finally reaching their life's purpose. This brings recognition of their spiritual being, which can rock some to their foundations, making them insecure and uncertain about what they are doing. These people will question their faith until emotional balance is found again. Taking Lily will bring back emotional and spiritual balance enabling them to carry on their path safe in the knowledge that it is what they are supposed to be doing

How Essences Work ~ Vibrational essences are simple, safe and effective healing tools for the modern age we live in today. The natural energies of the flowers, gems or crystal used to make the essences promote healing in mind, body & spirit, thereby treating the causal issues in illness and disease.

How to use ~

The 7 Karmic Essences: take 4 drops of your essence on the tongue 4 times a day for 3 days only. Leave 7 clear days to monitor the results. If further treatment is necessary, take as before for another 3 days. We do not recommend taking more than one of these essences at a time.

The Trinity Essences: Take 4 drops on the tongue 4 times a day for as long as necessary.

We recommend that you take these away from food and use without further dilution.

It is not advisable to give these essences to children and taking them should not replace medical treatment where necessary.